

Question 12C. What is the evidence that behavioral interventions alone in obese adults effect a change in abdominal fat?

Reference	Design/Demographics	Overweight defined as:	Adjuvant therapy	Intervention	Drop-out total	Mean weight change (n) mean weight change (95% CI)	WHR Waist circumference Skinfolds Baseline (n) mean (95% CI)	WHR Waist circumference Skinfolds Change (n) mean (95% CI)	Comments/side effects
	Behavioral								
Jeffery 367	Randomized: unclear Self-selected: yes Included: 14 to 32 kg overweight, multiple failed attempts Mean age: 37.5 Mean weight: 98.7 Female/Total: 101/202	14 to 32 kg overweight	Diet: yes 1000-1500 kcal/d Exercise: yes 2 and 5 1000 kcal/w Behavioral: yes group, qwx20, qmo	1. Control 2. Standard behavioral treatment 3. Standard behavioral treatment plus food provision 4. Standard behavioral treatment plus monetary incentive 5. Standard behavioral treatment plus food provision plus monetary incentive	not given	<u>Weight in kg</u> 1. (ns) 0.5 (n/a, n/a) 2. (ns) -3.5 (n/a, n/a) 3. (ns) -6 (n/a, n/a) 4. (ns) -3 (n/a, n/a) 5. (ns) -6 (n/a, n/a) <u>Weight in kg 12 months</u> 1. (ns) 0 (n/a, n/a) 2. (ns) -4 (n/a, n/a) 3. (ns) -8 (n/a, n/a) 4. (ns) -5 (n/a, n/a) 5. (ns) -8 (n/a, n/a) <u>Weight in kg 120 weeks</u> 1. (28) -1.2 (,) 2,3,4,5. (131) -6.0 (,)	<u>WHR</u> 1. (28) 0.93 (0.9, 1.0) 2,3,4,5. (131) 0.92 (0.9, 0.9) <u>WHR, men</u> 2,3,4,5. (68) 0.97 (1.0, 1.0) <u>WHR, women</u> 2,3,4,5. (63) 0.85 (0.8, 0.9)	<u>WHR 6 months</u> 1. (28) -0.01 2,3,4,5. (131) -0.02 <u>WHR, men 6 months</u> 2,3,4,5. (ns) -0.04 <u>WHR, women 6 months</u> 2,3,4,5. (ns) -0.008 <u>WHR 12 months</u> 1. (ns) -0.01 2,3,4,5. (ns) -0.02 <u>WHR, men 12 months</u> 2,3,4,5. (ns) -0.03 <u>WHR, women 12 months</u> 2,3,4,5. (ns) -0.002 <u>WHR 120 weeks</u> 1. (ns) -0.01 2,3,4,5. (ns) -0.03 <u>WHR, men 120 weeks</u> 2,3,4,5. (ns) -0.03 <u>WHR, women 120 weeks</u> 2,3,4,5. (ns) -0.02	
Andersen 469	Randomization: unclear Self-selected: yes Included: not specified Mean age: 44 Mean weight: 95 kg Female/Total: 66/66	not given	Diet: yes 925-1200 kcal/d Exercise: yes 2. aerobic 3. resistance 4. combined Behavioral: yes group, qwx26	1. Diet alone 2. Diet and aerobic training 3. Diet and resistance training 4. Diet and combined training	not given	1. (16) -12.9 2. (16) -13.4 3. (18) -17.9 4. (16) -15.3 kg	<u>Skinfolds</u> 0. (66) 164 (95%CI 157.4, 170.6) <u>Waist circumference</u> 0. (66) 98.4 (95%CI 95.8, 101.0) <u>WHR</u> 0. (66) 0.82 (95%CI 0.8, 0.8)	<u>Skinfolds</u> 0. (53) 110.9 (95%CI 102.9, 118.9) <u>Waist circumference</u> 0. (53) 87.2 (95%CI 83.9, 90.5) <u>WHR</u> 0. (53) 0.8 (95%CI 0.8, 0.8) <u>Skinfolds 104 weeks</u> 0. (64) 114.8 (95%CI 108.8, 120.8)	

Reference numbers refer to the Reference List in the Clinical Guidelines Report.

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								<p><u>Waist circumference</u> 104 wks 0. (64) 85.4 (95%CI 82.7, 88.1)</p> <p><u>WHR</u> 104 weeks 0. (64) 0.8 (95%CI 0.8, 0.8)</p>																			
Wing 694	Randomization: unclear Self-selected: unclear Included: 13.6-31.8 kg above IBW Mean age: 37.4 Mean weight: 89.8 Female/Total: 101/202	13.6-31.8 kg above IBW	Diet: yes Exercise: yes Behavioral: yes Format: group Frequency: weekly	0. Patients assigned to one to four groups which varied in the type of behavioral strategies used to promote adherence but not described further in this publication.	not given	<p><u>Weight in kg</u> men: (101) -9.77 (95%CI -11.12, -8.42) women: (101) -6.43 (95%CI -7.57, -5.29)</p>	<p><u>WHR</u> men: (101) 0.97 (0.96, 0.98) women: (101) 0.86 (0.85, 0.87)</p>	<p><u>WHR</u> men: (101) -0.035 (95%CI -0.04, -0.03) women: (101) -0.006 (95%CI -0.02, 0.00)</p>	<p>This publication reports correlation between weight loss and WHR. Included subjects from the TRIM study which had 4 groups with different behavioral interventions. The data presented in this publication were collapsed across treatment conditions because there were no significant effects of treatment independent of weight loss on the variables of interest. Therefore, data are reported according to gender rather than group.</p> <p>Results:</p> <p>Correlations of WHR (adjusted for BMI) with</p> <table border="1"> <thead> <tr> <th></th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>weight</td> <td>0.16</td> <td>0.17</td> </tr> <tr> <td>Cholesterol</td> <td>0.12</td> <td>0.06</td> </tr> <tr> <td>HDL</td> <td>0.04</td> <td>-0.40</td> </tr> <tr> <td>TG</td> <td>0.25</td> <td>0.28</td> </tr> <tr> <td>SBP</td> <td>-0.14</td> <td>0.19</td> </tr> </tbody> </table>		Men	Women	weight	0.16	0.17	Cholesterol	0.12	0.06	HDL	0.04	-0.40	TG	0.25	0.28	SBP	-0.14	0.19
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									DBP -0.09 0.05 FBS 0.10 0.21 Correlations between BMI and waist circumference 0.93 0.71 hip circumference 0.92 0.88 WHR 0.63 0.31

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